

LYNN COUNCIL ON AGING SENIOR CENTER



**April
2015**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

I might lose the bet! I bet that there would still be snow on the ground on May 1st. Even though we broke the record this year for most snowfall, we have had some pretty warm days melting the banks down. I don't want to wear ski gear at Fenway on Opening Day! Then the devilish side of me or as I refer to it as the precautionary side of me... (One never wants to enter into a bet they may lose after all) has a plan to insure the bet is won. I have hidden behind the ice packs in the freezer, secretly stored in a bag that once house broccoli, an 8" snowman made from 2015 snow. As the cook of the house, I know no one is going to disturb a bag of broccoli florets! So, in the event that on May 1st, there is no snow on the ground, some time shortly after my early morning walk with the dog, I will strategically place the 8" snowman on the front lawn as close to the approximate time everyone is leaving and there you go... I won the bet! What do you think? Will my daughter pay me the dollar?

~Stacey Minchello

From Your Mayor

As we begin to enjoy the early signs of spring, I want to share my thanks for your patience as we worked to remove the record amount of snow this winter. Hopefully Mother Nature can complete the job.

This month promises to be a busy one. Arts After Hours will present the comedic play "Complete History of America (abridged)" April 2-4 at 8 p.m. at the Rantoul Black Box Theatre in LynnArts. The three actors hilariously perform 600 years of history in just 90 minutes. For ticket information and directions please visit artsafterhours.com or call the box office at (781) 205-4010.

The Lynn Auditorium will welcome Brit Floyd to the Lynn Auditorium on April 11. Improve icons Colin Mochrie and Brad Sherwood will return to the stage in May, as will Pat Benatar and Neil Giraldo. Later this spring and summer, Air Supply, Celtic Woman and Paul Anka will perform. For more information or for tickets, visit www.lynnauditorium.com or call the box office at 781-581-2971.


I am pleased to announce that our new two-cart trash and recycling program has been off to a good start. I know it has been an adjustment, but in just the first few months, solid waste has been reduced by 32 percent and recycling has increased 134 percent. MassRecycle named us a finalist for their 20th annual Recycling Awards, which recognizes outstanding achievements in and contributions towards recycling and waste reduction in Massachusetts. I encourage all of you to continue to participate and increase Lynn's recycling rate.

For those of you observing Easter, Passover or any other religious holiday, I hope you have happy and healthy celebrations with your families.

Best wishes for a wonderful spring,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Albert DiVirgilio
Arthur Akers
Edmund Brown
Frank LaMacchia
Lester McCLain
Charles Mitchell
Frances Taggart
Pearl Brown
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Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

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Cindy LeBlanc
Virginia Calef

President
Vice-President
Treasurer
Recording Secretary
Membership Secretary

Meets last
Thursday
monthly at 10 am

City's Voice

Live: Wednesdays 7pm
Comcast Channel 3
Verizon Channel 38



The "City's Voice" is a weekly live call-in show featuring City officials, agencies, community service providers and more. The public is allowed to call in and ask questions relevant to the topic & guest(s) of the program.

Hosts: Paul Crowley, Joe Spina, and Al DiVirgilio

Missed it? Repeated showings Wednesdays at 10pm and Fridays at 10pm

APRIL HAPPENINGS

Trip sign-ups begin, Thurs, March 26th

Weds, April 1 North Shore Community College Fit and Fun Health Fair 10 am – 2pm

Bus leaves senior center -10 am & 12pm

Bus leaves NSCC-11:30 am and 1:30 pm

~~Passengers travelling on the first run

must return on the first departure time so there are enough seats.

Thurs, April 2 Podiatry Appointments 10:00 a.m. – 12:00 p.m.

Fri, April 3 Egg Decorating Activity 10 am

Tues, April 7 Hearing Clinic – Fireplace Lounge 10:00 a.m. – 11:00 p.m.

Tues, April 7 Birthday Karaoke 11:30 a.m. – 1:00 p.m.

Weds, April 8 “Laughter is the Best Medicine” 9:30 am Game Room

Brought to you by Bayada Home Care

Thurs, April 9 Brain and Health Symptoms of Alzheimer's- IN SPANISH

11:00 am – 12:00 pm

Board Room Lunch will be served, reserve your seat with Rosa

Mon, April 13 Celebrate Opening Day of Fenway Park 2015

12 noon Chance Drawings - Red Sox Gifts \$1 each or 6 for \$5

2pm Pre- game Hot Dogs, soda, chips \$2

3:05pm game time Red Sox vs. Washington Nationals

Tues, April 14 Blood Sugar AND Blood Pressure Clinic 8:00 a.m. – 9:30 a.m.

Tues, April 14 FOXWOODS CASINO \$27 7:00 a.m. – 6:30 p.m.

Pre-paid reservation required. Must have 40 registrations by April 7th. Sign up early!

Weds, April 15 Field Trip: Salvation Army Thrift Shop & China Buffet \$2

9:30 am – 2pm

Fri, April 17 BROWN BAG: BOSTON FOOD BANK 10:00 a.m. – 12:00 p.m.

Mon, April 20 Patriots Day Center is closed

Wed, April 22 Field Trip: Home Town Buffet, Medford \$2 10:00 a.m. – 2:30 p.m.

Wed, April 22 Lynn Council on Aging Board of Directors Meeting 11:30 am

Thurs, April 23 FRIENDS of Lynn Council on Aging Meeting 10 am

Mon, April 27 Women's Group Meeting 10 am – 11 am

Mon, April 27 Field Trip: Sr. MBTA Passes & lunch \$2 9:30 am – 2:30 pm

lunch on own at Wendy's on return trip

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APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL MEALS SERVED W/ BREAD AND 1% MILK</p> 	<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>1</p> <p>American chop suey Broccoli Snack loaf Chilled peaches ALTERNATIVE Arroz con pollo(chicken)</p>	<p>2</p> <p>Lemon pepper pork Black eyed peas & brown rice Spinach salad/dressing WW bread Brownie ALTERNATIVE Caribbean beef</p>	<p>3</p> <p>Baked white fish Red potatoes Green peas Rye bread Chilled pears ALTERNATIVE WG cheese pizza</p>
<p>6</p> <p>Rosemary chicken Sweet potato wedges Italian blend vegetables WW bread Vanilla Pudding ALTERNATIVE Egg & cheese sandwich</p>	<p>7</p> <p>Shepherd's pie Caesar salad/dressing WW roll Fresh fruit ALTERNATIVE Latin style pork Mashed potatoes</p>	<p>8</p> <p>Roast turkey/gravy Veg. rice pilaf California blend veg. WW bread Cookie ALTERNATIVE Salmao braseleiro (salmon)</p>	<p>9</p> <p>Chicken picaTta Pasta Garden salad/dressing Italian bread Chilled pineapple ALTERNATIVE Baked pasta/mozzarella</p>	<p>10</p> <p>BBq pulled pork Rice and beans Spinach WW bread Mandarin oranges ALTERNATIVE Sancocho (chicken stew)</p>
<p>13</p> <p>Hamburger Roll/mustard Baked beans Mixed vegetables Chocolate chip cookie</p>	<p>14</p> <p>Southern style cod Mashed sweet potatoes Spinach salad/dressing WW bread Fresh Fruit ALTERNATIVE Stewed beef</p>	<p>15</p> <p>Meatballs/marinara sauce Pasta / Spinach WW roll Chocolate Pudding ALTERNATIVE Cumin roasted pork, plantains</p>	<p>16</p> <p>Turkey chili White rice Caesar salad/dressing WW bread Chilled Peaches ALTERNATIVE Arroz con carntas(beef)</p>	<p>17</p> <p>Stuffed shells/ Tomato sauce Broccoli Rye bread Chilled pears ALTERNATIVE Braised chicken</p>
<p>20</p> <p>HOLIDAY</p> <p>NO MEAL SERVICE</p>	<p>21</p> <p>Chicken teriyaki Brown rice Stir fry vegetables WW roll Fresh fruit ALTERNATIVE Macaroni & cheese,salad</p>	<p>22</p> <p>Salmon/dill sauce Red potatoes Green peas Italian bread Cookie ALTERNATIVE Turkey creole</p>	<p>23</p> <p>Meatloaf/gravy Mashed sweet potatoes Spinach salad/dressing WW bread Tapioca pudding ALTERNATIVE Chicharon frito(pork)</p>	<p>24</p> <p>Turkey Milanese Veg. rice pilaf Carrots Rye bread Chilled pears ALTERNATIVE Whole grain cheese pizza</p>
<p>27</p> <p>Cheese lasagna/tomato sauce Spinach WW bread Butterscotch pudding ALTERNATIVE Creole fish Rice and beans</p>	<p>28</p> <p>Roast pork /gravy Whipped potatoes Caesar salad/dressing Italian bread Fresh fruit ALTERNATIVE Baked tomato chili chicken Yellow rice</p>	<p>29</p> <p>BBq chicken Candied yams Broccoli Italian bread Cake ALTERNATIVE Curried beef Chipotle sweet potatoes</p>	<p>30</p> <p>Baked fish/diced Tomatoes Plantains Garden salad/dressing WW roll Chilled pine- apple ALTERNATIVE WG baked pasta/ mozzarella Tomato sauce</p>	<p>Requested Donation \$2.00</p>

SENIOR CENTER ACTIVITIES • APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	10:00-11:00 COMPUTER CLASS #1
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	10:45-12:30 LUNCHEON
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	11:15-12:15 COMPUTER CLASS #2
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER		11:30-12:15 EXERCISE CLASS
	12:00-2:45 POKENO			1:00-2:45 BINGO
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

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ADAPTIVE

CASINO TRIPS

Departs from Lynn
Senior Center

Foxwoods \$28

7 am - 6:30 pm

Tuesdays: April 14, May 12,
June 9, Aug. 11, Oct. 13 &
Nov. 10

Sign up early!!

We must have 40 paid reservations one week
prior to departure date; otherwise we must
cancel the trip.
Sign up in person at the senior center. OR
Mail in your registration and check.

*Bonus package:
\$10 food coupon for retail food vendors
or free buffet
Plus \$10 bonus slot play added to your
rewards card on the bus before entering casino.
Remember to bring your rewards card!*

Casino Trips from Revere

Mohegan Sun \$27 *plus tip*

10 am depart Revere 6:30pm depart casino

Apr 14 & 28,
May 12 & 26,
Jun 9 & 23



Twin River \$27 *plus tip*

10 am depart Revere 6:30pm depart casino

Apr 9 & 23,
May 7 & 21,
Jun 11 & 25



Casino Trips from **REVERE!**

**Now Express!! Straight run -
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**Call Elaine at 781-289-6144 for res-
ervation, questions, and pick up
location/parking.**

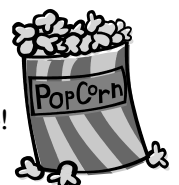
MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

April 1st	The Face of Love	PG-13	2013	92 mins
April 8th	Forrest Gump	PG	1994	142 mins
April 15th	The Producers	PG	1968	90 mins
April 22nd	Singin' in the Rain	G	1952	103 mins
April 29th	My Old Lady	PG-13	2014	108 mins



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



COMPUTER CLASS NOTICE

We regret to inform you that we actively recruiting new computer instructors and will keep you posted as to when the next round of classes will start.

Thank you VOLUNTEERS!

GLSS and LCOA recognize all our volunteers every day but especially during National Volunteer Appreciation Month in April. We appreciate you're invaluable dedication and commitment to donating yourself and your time to our agency as well as supporting our mission in caring for our elders as part of the community wide vision. Hats off to you all, you are priceless to us. You are the "hearts and hands" of the most essential part of our organization- the front line. Thank you for all you do throughout every day of every year.

Thank You!

Brain Health & Symptoms of Alzheimer's

Laughter is the Best Medicine

IN SPANISH

Presented by: The Alzheimer's Association

Thursday, April 9, 2015

11:00am-12:00pm

Board Room

Lunch will be served!

Must Sign-Up

Call Rosa at 781-599-0110

April 8th

9:30 am

Game Room

Brought to you by: Bayada Home Care

The Kiosk for Living Well

Hooray for April!

It's a busy month at the Kiosk! There's April Fools, Easter, Tax Day, and Earth Day, all packed into 30 fast-moving days. We want to hear your stories about pranks, egg hunts, and Uncle Sam. We're offering everybody the chance to check out childhood homes on Google Earth. Find out if the place you were raised is still standing as we zoom into the street view of any address in the world. Tell us about your first bike, or your first car!

Sylvia, the Falls Prevention specialist visits the Kiosk on Thursday April 2nd from 10-Noon. Brenda the Million Hearts Nurse will be set up at the Kiosk on Thursday April 23 from 10-Noon. The Kiosk is open every Tuesday and Thursday from 10:00-Noon. We want to see you there!

Supervised Kiosk exercise classes also take place on Tuesdays and Wednesdays from 12:30 to 1:30.



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Place Your Ad

Wellness Watch April 2015

Spring has official arrived and the snow has begun to melt. As the weather gets nicer, the outdoors becomes increasingly more approachable. It is time to dig out your walking shoes and start to enjoy the fresh air. The benefits of walking are countless, whether it is for five minutes or an hour, it can greatly improve one's health and prevent disease. Studies show that thirty minutes of walking per day (this can be broken down into smaller chunks of time or occur all at once) can reduce the risk of heart disease. Walking can also improve blood pressure and blood sugar levels. Walking is a form of physical activity, therefore can help maintain body weight and lower the risk of obesity. Getting out and moving helps to enhance mental well-being and reduce the risk of depression. Other benefits of walking include reducing the risk of osteoporosis, cancer and type 2 diabetes. It doesn't matter what your level of fitness is, walking can be as simple as putting one foot in front of the other. If you have not been exercising or if you wish to increase your physical activity, be sure to contact your medical doctor before doing so.

A walking routine involves very little planning, but safety is key. Although walking does not require any equipment, finding proper footwear is very important. It is best to choose shoes with proper arch support for your feet, as well as a firm heel and thick flexible soles. When choosing a walking path look to avoid cracked sidewalks, potholes and uneven terrain. A walking routine should include a 5-10 minute warm up and a 5-10 minute cool down. A warm up can be simply walking slower until your muscles get loose, or it could include simple stretches to get blood flowing through the body. A cool down could be very similar and should allow the body to return to resting heartbeat.

Walking at any pace can lead to health benefits. If you are interested in taking your walking to a new level of physical activity it will require more technique. Make sure your head is up and looking forward not at the ground. When your head is centered on top of your head it helps balance out the rest of the body and can prevent falls. The neck, shoulders and back should be relaxed and not stiffly upright. It is best to have your arms at your side swinging freely with a slight bend in the elbows. Your walking pattern should be "heel to toe" meaning you are striking the ground with your heel and then rolling the foot to push off on your toe. The "heel to toe" technique will increase ankle flexibility which can also prevent falls. For more information about the technique of walking contact your medical doctor.

Now you have a little bit of information to get up and get moving. Enjoy the fresh air and all the benefits that walking and physical activity can offer to your health!

Kelsey Spotts- Healthy Living Program Community Coordinator

2015 Fenway Park Opening Day!



Monday, April 13th

Celebrate a new season for the Boston Red Sox!

12 noon drawing Red Sox raffles \$1 or 6 for \$5

2pm - Hot dogs, soda, chips \$2

3:05pm game time RED SOX vs. Washington Nationals



Center closes at 4pm- Game room will close at 5pm provided there is staff coverage.

Look Up!

U P L A N E T S K R O W E R I F N
 G N I D J E T E X H A U S T E N N
 P O M T Y R U C R E M K I T E O I
 C O M E T C H I M N E Y S M O K E
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 V F E L E U O T T R E A Z S I O R
 I L A N E R E R E I B S T E T L I
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SMOG
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 STARS
 STREET LIGHT
 THE SUN
 TREETOP
 UNIVERSE
 VENUS

Save your empty Prescription Bottles

Peel the label off your prescription bottle and drop off at the center.

A collection box will be placed next to the pull tab jug and the ink cartridge collection box.

We are supporting a non-profit charity called the Malawi Project.

The Malawi Project was founded in 1999 on the founding principles to help people in Malawi, Africa. The simple plan is to provide Malawi with needed resources to help them get on their feet and remain self sufficient. Projects have included shoes for the children, medical supplies, wheelchairs and even folks who worked for no pay as teachers or farmers.

It won't cost you anything and you'll be recycling. So please consider dropping off your medicine bottles and we'll ship them in bulk to the project.

For more information on the Malawi Project, check it out online or on Facebook. Written material expected to arrive soon.

Congratulations TOPS Lynn #0477!

Our **Take Off Pounds Sensibly** weight loss group received two awards that we are proud to announce!

First Place Statewide for most average weight per person!

And

Second Runner up for most weight lost in his division- Lowan Pascas, group leader
CONGRATULATIONS!!!!

TOPS (Take Off Pounds Sensibly) is the short name for TOPS Club, Inc., the original non-profit, noncommercial network of weight-loss support groups and wellness education organization. TOPS offers tools and programs for healthy living and weight management, with exceptional group fellowship and recognition. Established in 1948 to champion weight-loss support and success, we've helped millions of people live healthier lives.

The Lynn TOPS #0477 meets weekly on Thursdays at 10 am in the large activity room of the senior center. Weigh in is at 9:45 am. First meeting is free to see if it's for you! Annual fee is \$32 or pay online for \$33.50. Check it out! We look forward to seeing you.

Veterans to Washington D.C.

Greater Lynn Senior Services and the Lynn Council on Aging have joined forces with local Veteran Service Offices and are planning a journey to Washington D.C. . The trip is planned for September 27th – September 30, 2015. We will travel by luxury coach tour bus spending four days and three nights with an itinerary that includes visiting the White House, the Capitol, and the Arlington National Cemetery and War Memorials. This tour package includes most meals, overnight stay, sightseeing tours and transportation plus gratuity for the price of \$250 per person. WWII Veterans take priority on the passenger roster. Medical releases to travel will be required. Veterans in need of assistance will be allowed to bring companions with prior approval at the same cost per person. Veterans will be required to provide a DD form 214. Companions must pass a background check.

If you are interested in donating to help assist Veterans on this journey, or specifically sponsor a veteran, please call Maureen Teal, project manager at 781-599-0110. If you are a veteran interested in joining us on the trip, call Mayra at 781-586-8546.

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~ Dr. Harvey Berger

In loving memory of Ann Marie Fallis
~ Kevin Fallis

Thank you for your donation
~ Gwendoline Cann

Thank you for your donation
~ Sophie Karampoulis

DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



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WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

BLOOD SUGAR & BLOOD PRESSURE



April 14th

8:00 am—9:30 am *note time change*

Nurse available for any health questions.

PODIATRIST



April 9th & April 30th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

HEARING CLINIC

April 7th

10:00 am—11:00 am



MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

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